

These Covid-19 Rules are in addition to the pre-Covid BC Randonneur rules for [Brevets](#) and [Permanents](#). They may be updated to address changing conditions. In the event of a conflict, the Covid-19 rules prevail.

### **1 No Ride (Brevets and Permanents)**

You may not participate in a BC Randonneurs Cycling Club event if any of the following conditions apply:

- you are a minor in BC,
- you are not a current (2021) Club member (and have not agreed to the Annual Membership Release),
- you have not registered for the event (and have not agreed to the Event Participant Release),
- someone other than you has registered for the event on your behalf,
- **you do not reside within the same [Public Health Travel Region](#) as the event route.** No between-region travel to participate in an event is permitted.
- for a Brevet, you have not been issued your event Control Card file by the organizer,
- you are required or have been directed to self-isolate as per BC Public Health Authority, and/or
- within 14 days prior to event start:
  - you have had symptoms of COVID-19. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and unusual muscle aches or headache,
  - you have lived in a home with or have been in close contact with someone who has COVID-19 or is showing symptoms, or
  - you or someone you live with has arrived in BC from outside of Canada.

If you ride the event route in contravention of the above 'No Ride' rules, you will not receive Club recognition for the distance, you will not be covered by the Club's liability insurance, and further membership sanctions may be applied.

### **2 Registration for Brevet Events**

A new on-line registration process is in place to replace the close-contact interactions (release signing, payment, cue sheets, control cards, pins) that traditionally happen at the start and end of our Brevets. This new process supports the Club's efforts to minimize rider congestion, ensure membership and Release compliance, and supports expedient contact tracing, if required post-event.

To minimize close contact, organizers may:

- specify an 'allowable' start window of multiple days before and after the Schedule Start Date, and/or
- impose restrictions such as rider experience requirements, and participant limits.

Any such allowances will be indicated on the on-line event registration form and the Event Schedule page, after registration has opened for the event.

Participants must:

- register using the on-line registration link found on the Event Schedule page, and
- register **at least 2 days prior** to their intended start time

### **3 Registration for Permanent Events**

The current Permanent ride registration [procedures](#) are unchanged, except that riders must self-assess and comply with the terms in 1) above, and the current Event Participant Release (aka Waiver) must be signed and submitted.

#### 4 Proximity Risks

Physical Distancing between riders, **while riding outside:**

- Physical distancing is no longer required while riding.

Physical Distancing between riders, **when not riding:**

- Except for those within the same 'social bubble', all riders must maintain a physical distance of **at least 2 m**, from all other persons.
- Riders within the same 'social bubble' must maintain a physical distance from all other persons, except for their 'bubble-mates', of **at least 2 m**, both on and off the bike.
- Masks should be worn if circumstances make it difficult to maintain physical distancing.

Rider Groups, both on and off the bike:

- Riders should limit their congregation **to no more than 10 persons**, and pay particular attention to potential congestion locations including the start, finish and intermediate controls.

#### 5 Contact Risks

- Carry a face mask, hand sanitizer, and wipes.
- Sneeze or cough into your elbow. No hugs, handshakes, or high fives.
- Use hand sanitizer / wash hands before and after entering establishments.
- Use a face mask if you enter an establishment which requires one.
- Do not share food, water, or equipment, except among members of a 'social bubble'.
- If you stop to provide or receive assistance, consider the need for a mask and sanitize before and after. Review the [provincial health standards for close personal interaction](#) and [first aid](#).

#### 6 Recommendations

- Dial it Back! Easing off from really hard efforts makes a rider better able to self-assess any onset of symptoms, be more conscious of new habits around distancing, and be safer on the road.
- Communicate with other riders in your group to ensure everyone is feeling comfortable.
- Carry extra food and water to minimize stops at establishments.
- Use a Tap card for any purchases and refuse paper receipts.
- Be self-sufficient – think about carrying that extra bit of gear.
- Avoid marginal conditions. Consider weather and traffic when selecting a start time.
- Bring ziploc bags for your Control Card / Cue Sheet – WHICH YOU NEED TO PRINT YOURSELF! There will NOT be an organizer handing out these documents at the start.
- Use heavier 'card stock' to print your Control Card; remember to BRING A PEN!
- Carpooling to the ride start - limit to people within your 'social bubble'.
- If you are a new randonneur, reach out to the organizer for advice and insight before your ride. Be aware that some events may be restricted to experienced riders only.

#### 7 Routes / Controls

- Expect all events to be unsupported. Volunteers will not be at the start nor the finish.
- Routes will be restricted to lie entirely within the same [Public Health Travel Region](#).
- Riders may organize personal support (e.g., water, food) at controls, provided that physical distancing and contact risk management is maintained.
- During the event, riders may alter the route as needed to respect local travel advisories, and still maintain the target ride distance.
- Expect all controls to be of the information / self-signed type only (honour system). Do not ask anyone to sign your card.

## 8 Communication

- Monitor and follow any Provincial Health orders.
- Monitor the [randonneurs.bc.ca](http://randonneurs.bc.ca) home page and the email address which you used to register.
- For Brevets, advise the organizers at [registration@randonneurs.bc.ca](mailto:registration@randonneurs.bc.ca):
  - if you determine in advance that you will be unable to ride on your registered start date,
  - immediately upon your ride completion, with your ride result (time, DNS or DNF), or
  - if you have any questions, concerns, or recommendations.
- For Permanents, contact the [Permanents coordinator](#).
- If you feel yourself becoming ill on the ride, stop and advise the riders in your Group. Consider means to safely extract yourself from the event. This might include calling for pickup, short cutting the route home, or using public transit while wearing a mask and keeping your distance.

## 9 Outbreak Action Plan

- If you become ill with symptoms of COVID-19 on or after a Club ride, get immediate medical advice, call 811 and/or use the [BC Covid-19 Self-Assessment Tool](#).
- You must immediately notify the Club at [registration@randonneurs.bc.ca](mailto:registration@randonneurs.bc.ca):
  - if you **develop symptoms** or receive a **positive diagnosis** of COVID-19 within the **14 days following** a Club ride, and/or
  - if you are required by a health authority to self isolate due to a **close contact** with COVID-19 which occurred on the Club Ride or within the **prior 14 days** of the ride.
- Club personnel will respond to such a notification by reviewing the event registration records, and promptly informing each member who may have been in close contact with the potentially affected member (without disclosure of the suspected members name). Contacts will be advised to self-isolate if they have symptoms and seek further guidance from health authorities.
- Club personnel may contact the Emergency Contact if they cannot reach the member directly.
- Any registrations of the contacted members for future events within the 14 day isolation period will be cancelled by the Registration Team and paid fees refunded.
- All information regarding the member who was identified as potentially Covid-19 positive, and regarding any members who may have been in contact, will be kept confidential, unless provided to the Provincial Health Authority on their order or request.

